

Vazhaithandu Idli



Ingredients:

Idli Batter – 1 cup

Vazhaithandu (Banana Stem/Banana Stalk) – 1/4 cup, finely chopped

Salt as per taste

For Tempering:

Ghee – 1/2 tsp

Mustard Seeds – little

Urad Dal – little

Coriander Leaves – few

Curry Leaves – few

Green Chilli – 1, finely chopped

Asafoetida Powder – little

Method:

1. Heat ghee in a pan over medium flame.
2. Fry the mustard seeds, urad dal, coriander leaves, curry leaves, asafoetida powder and green chillies for 30 seconds.
3. Add the chopped vazhathandu and salt.
4. Cook for a minute and remove from flame.
5. Add this to the idli batter and mix well.
6. Pour the batter into idli plates and steam cook until done.
7. Serve hot.